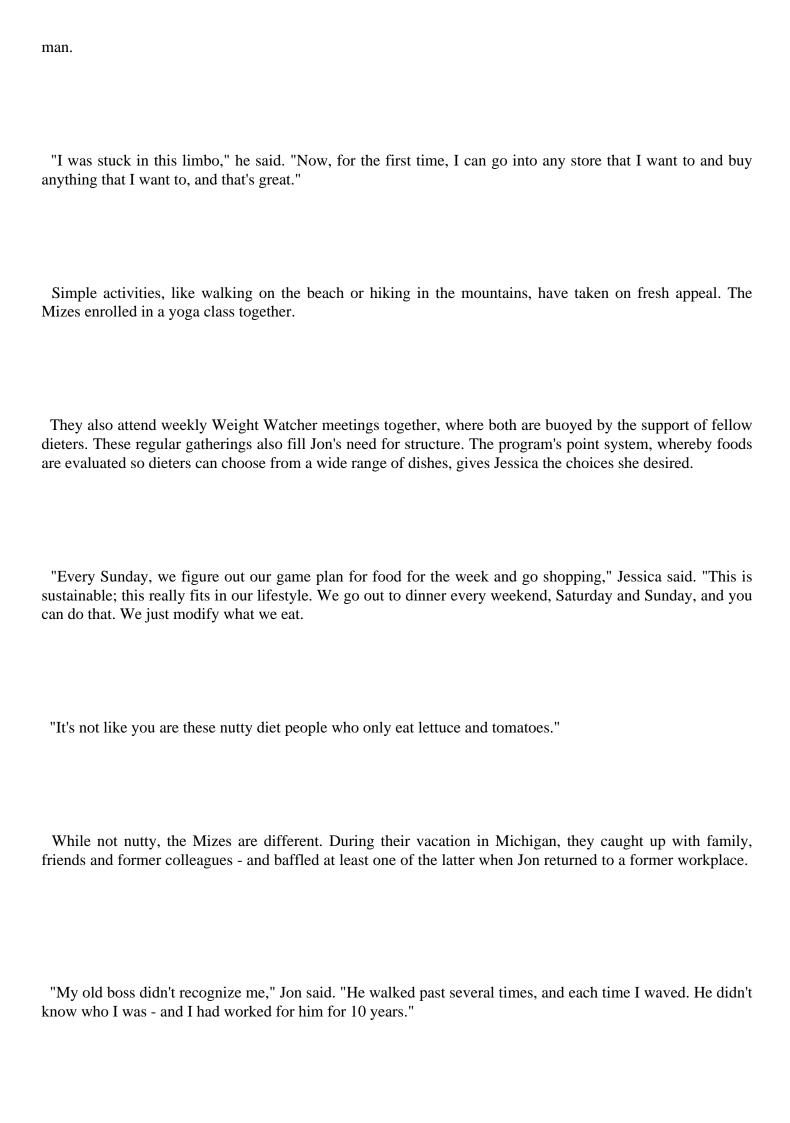
Weight loss helps couple find freedom and happiness by Peter Rowe In photos from September 2005, Jessica and Jon Mize are smiling. That's no surprise, as the camera caught the couple on vacation. Seeing the sights. In San Francisco. Fun, right? Wrong. LOST AND FOUND - Traveling light: Jessica and Jon Mize land in San Diego after visiting Jon's hometown. Some didn't recognize them; they are much slimmer. CNS Photo by Nelvin C. Cepeda. AND THIN - In 2005, Jon weighed 303 pounds. Before his trip to Michigan this June, he tipped the scales at 156 pounds. In 2005, Jessica weighed 288 pounds. She found travel more pleasant at her new weight, 177, but plans to lose more. CNS Photo by Nelvin C. Cepeda. "We were both very overweight and very uncomfortable," said Jessica. "Navigating the hills of San Francisco is not a fun thing when you are 100-plus pounds overweight. It royally sucked." At the time, Jessica was 31, 5-foot-7 and 288 pounds, Jon was 34, 5-foot-8 and 303. Both wanted to lose weight. But how? Jon insisted that he needed a plan, something clear and structured. Jessica, though, was a disillusioned veteran of Jenny Craig and the Atkins diet. She was fed up with magic formulas "where you eat five grapefruit and then a bowl of chili. I hate the diet industry." She craved freedom, variety, common sense. After that ill-fated trip to San Francisco, Jessica ran into an old friend who had undergone a dramatic transformation, from pudgy to svelte. Acting on this friend's recommendation, the Mizes enrolled in Weight Watchers.

For the Mizes, this program appears to have been a good fit. By this June, Jessica had shed 111 pounds,





But that was nine years and 147 pounds ago.

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